

## ABSTRACT

Method of urinary continence training, utilizing an objective measurement, indicative of the state of fullness of the bladder of the subject, to identify the occurrence of an appropriate continence training opportunity. When the objective measurement equals or exceeds a signal threshold value, set to correspond to a bladder volume that is less than a reflexive urination volume, a signal is provided to the subject or to a caregiver. The objective measurement may be performed by a bladder monitor, using any of several modalities of automatic sensing, and preferably using ultrasound. The signal threshold value may be recalculated and increased, so as to continue to correspond to a relatively full bladder, as the subject grows and/or achieves progress toward continence. The method may include other steps directed to help the subject associate the physical sensation of a full bladder with voluntary urination, such as informing the subject that urination is imminent.